MARITIME MEDICINE. PUBLISHING REQUIREMENTS

Since 1995, the Sociedad Española de Medicina Maritima (SEMM), a non-profit scientific society, has published a journal called MEDICINA MARÍTIMA (Med Mar). The purpose of this half-yearly magazine is to publish scientific articles and to provide information on topics related to the health of seafarers, such as fishermen, merchant sailors, divers, dock workers… Topics range from health care to prevention, and deal with vaccinations, tropical and traveller’s medicine, psycho-social aspects, risk prevention in all areas, telemedicine, underwater and hyperbaric medicine, cruise medicine, health care in ports, hygiene (toxicology…), safety, ergonomy, organisational and epidemiological aspects, particularly those related to Maritime Occupational Medicine. Bibliographic documentation is also dealt with, as well as any other information which may be of interest and contribute to training medical staff or any other professionals related to maritime health. Peer-review forms part of the process.

The MEDICINA MARITIMA journal includes the following sections:-

**Editorial** – Current topics of interest to the sector.

**Originals**: This refers to clinical and epidemiological research papers. Priority will be given to the following subject-matter:
- Risks Inherent to maritime work: occupational accidents and illnesses.
- Sea workers’ pathologies: clinical and epidemiological studies.
- Underwater Medicine: preventive action and risk analysis.
- Living and working conditions on board: hygiene and medical-social aspects.
- Other topics related to maritime work

**Clinical notes**: This space will contain descriptive analyses of occupational accidents or clinical cases detected in medical check-ups, or in the course of medical care on board, the originality of which makes them potentially useful to professionals related to maritime medicine.

**Continuing education**: There will be current affairs related to maritime medicine, both of a theoretical and practical nature.

**To the editor**: Opinion articles on current affairs.

**Window to the world**: Special interest topics presented at international forums.

**News**: This will deal with information about scientific activities, annotated Bibliography and legislation related to health and risks in Maritime Work, as well as other interesting news items.

**STRUCTURE OF ORIGINAL PAPERS**

MEDICINA MARITIMA’s publishing norms follow “the uniform requirements for manuscripts submitted to biomedical magazines” (1997 issues, fifth edition and all those published at a later date may be checked), bibliography [formats for bibliographic references initially developed by the National Library of Medicine (NLM) and updated once a year by the International Committee of Editors of Medical Journals -Comité
Internacional de Directores de Revistas Médicas (CIDRM)-, for further information see http://www.icmje.org], according to the Vancouver requirements. The text in the papers submitted will not be longer that 12 DIN A-4 pages (double spaced). The paper must also be submitted in an electronic format, as a file (Word or Word Perfect) so that it may be processed on a PC, and this format must not contain more than a maximum of six tables or of six images. It is also recommendable to limit the maximum number of authors to six. The authors’ full name(s), their work place and the first or main author’s full name and address, including a contact e-mail address and phone, must be shown on the first page, below the title. Only articles written in Spanish or English will be accepted. Texts must include the following sections (acknowledgements can be added).

-Abstract: This must not be longer than 250 words and should preferably contain: objectives, methodology, results and conclusions. Whenever possible, an English and an Spanish version of the abstract should be attached. Keywords should be listed and contrasted so that they may be included in the index.
-Introduction
-Materials and methods or Methodology
-Results
-Discussion
-Bibliography: Bibliographic references must appear in the same order as in the text and numbered correlatively. These reference numbers are to appear in the text, with superscript Arabic numerals.
Table and images are to be presented on separate sheets, thus not included in the actual text. Each separate sheet will contain no more than one table or image, with Arabic numerals and any initials or abbreviations they may contain must be defined at the foot of the table or image.

SUBMITTING PAPERS

Should original papers be submitted by post, three printed paper copies must be sent in, together with the corresponding computer backup copy. WordPerfect and Word are the preferred word processor programmes, with images shown using Power Point. Please specify which version of each programme has been used and the exact item to which each file name refers. All proposals must be sent to Dr. M. Luisa Canals – SEMM - C/ Pare Palau, 6 ático, 43001 Tarragona (España)
Or, alternatively, to Dr. Serafín Balanza Galindo. Casa del Mar, Muelle Alfonso XII s/n 30071 Cartagena-Murcia (España).
Papers may also be submitted by internet, in “attached file” format by sending them to the following e-mail address: semm@semm.org

If any of the papers, or part of them, have been presented as a Report, Thesis, Funded Projects or in Collaboration with an entity other than the Spanish Society of Maritime Medicine, this must be declared on submission of the paper. Together with the paper, we advise authors to enclose a form listing the following data: section of the journal the paper is being proposed for (editorial, originals, continuing education, etc), title and author(s), affiliation, correspondence, e-mail … If the paper has not been published previously, a signed statement should be included declaring this, and also that all the authors who have contributed intellectually to the paper transfer their author’s rights to the publisher, SEMM, so that the latter may duly publish the paper(s), make copies of it
and distribute them as well as prepare any electronic or multimedia copies of publications that may subsequently derive from the original paper and include the article in national and international indexes or data bases. Should the article be published, it is understood that the publishers do not necessarily share the authors’ statements or opinions.

Acknowledgement of receipt will be issued for all the papers submitted for publication. In order to avoid unnecessary duplication, papers published previously as such will not be accepted. Papers that are not compatible with the topics and aims prescribed by the SEMM will also accordingly be rejected.

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TOOLS AVAILABLE AND BRIEF GUIDE TO PREPARING MANUSCRIPTS.

ASPECTS TO BE TAKEN INTO ACCOUNT PRIOR TO SUBMISSION

Acceptable publications
Potential authors should always follow the instructions set out in each journal regarding what topics are relevant and the type of articles admitted: for example, whether papers should be original copies, reviews or clinical notes. Other specific requirements for publishing are also usually given, such as the number of copies required, languages accepted, the length of the article and authorised abbreviations. If the type of article submitted is very specific, it may be worth finding a journal that is specialised in the topic. Some authors also value whether the journal is indexed, such as, for example, Medline, IME, Index medicus, the Science Citation Index, Current Contents Clinical Medicine, Current Contents Life Sciences, etc. Other authors are interested in knowing their impact factor, etc. A redundant or duplicated publication is usually rejected, and can certainly not be included in the section for original papers. A secondary publication in another language may be acceptable, especially when the original source is referred to and authorisation has been granted by the first publisher. Incomplete presentations at conferences are also acceptable. Patients’ rights to the protection of their privacy must also be taken into account, especially when dealing with clinical cases. Confidentiality must be respected at all times, and if photographs are shown, they must be authorised by the patient, etc. Special research projects, such as clinical experiments, must be authorised by the ethics committee and be governed by specific rules (1975 Helsinki declaration, later modified in 1983).

Style
Before preparing a manuscript that is to be published in a journal, it is indispensable to have a clear idea of the style used for the presentation. The Vancouver style is, in fact, adopted by the majority of international journals. Internet consultation is available. The following links are recommended for an English version:

http://www.fisterra.com/recursos_web/mbe/vancouver.htm

For a Spanish version of the same style see:
http://www.infodoctor.org/rafabravo/uniformcast.htm (periodically updated). There are also other styles to consider:

- APA. American Psychological Association. Used quite frequently, especially for bibliographic quotes in data bases. It may be seen at:

How can the Publication Requirements of a Journal be consulted?
All journals publish them, usually in the first edition of each volume. For international journals, you may wish to visit the following Internet site:
http://www.instructions4authors.com

How to find out a Journal’s Abbreviation
Regarding Spanish journals, an index is kept by the Instituto Carlos III. This shows abbreviations, publication schedule, publisher, e-mail address, data bases in which the journal is indexed, etc. This may be seen at:
http://www.isciii.es/revistas/inicio.htm
In the case of international journals, these may be found by their full titles, abbreviations or ISSN. See:
http://bones.med.ohio-state.edu/abrv/

How to find out Key Words
The most important source is the Medical Subject Headings [MeSH], which can be visited in English on internet and is the first step we recommend. See:
If any words coincide with those used in our article we can then see their equivalent in Spanish.
The reverse process, working from Spanish into English, is also possible.
HONselect is recommended to those who wish to consult MeSH in Spanish (or other languages) on the internet at http://www.hon.ch/HONselect/index_sp.html and the Health Science Descriptors (Descripores de Ciencias de la Salud) [DeSC] can also be looked up in the database compiled by BIREME at the following site:
http://decs.bvs.br
The use of 3 to 10 key words is recommended. SEMM would greatly appreciate the author(s) stating whether they have consulted theses indexes on the submission form when proposing the paper for publication.

How to look up bibliographical, PhD, etc... data
Bibliographical research is not limited to magazine or journal articles. To locate books on an international level, a commercial catalogue such as that provided by Amazon.com is recommended. Another option is to refer to a catalogue belonging to a large library, such as the USA Library of Congress, or to a library specialised in medicine, such as the National Library of Medicine. Within Spain, either the Biblioteca Nacional (National Library) catalogue or the collective catalogue belonging to the State Public Libraries Network (Bibliotecas Públicas del Estado) may be consulted. Spanish university catalogues may offer a wide range of both Spanish and international collections: The Collective Catalogue for Catalan universities (Catàleg Col·lectiu de les Universitats de Catalunya) (CCUC); Madroño (Universities located in Madrid); and also CSIC libraries (Bibliotecas del CSIC -Consejo Superior para la Investigación y la Ciencia, National Council for Research and Science-). Yet another useful source could be the Spanish ISBN Agency (Agencia Española del ISBN) data base on internet:
http://www.mcu.es/bases/spa/isbn/ISBN.html. For older books, there is a Collective Spanish Bibliographic Heritage Catalogue (Catálogo Colectivo del Patrimonio Bibliográfico Español). Spanish publishers may be found at the internet address for the Federation of Spanish Publishers Guilds (Federación de Gremios de Editores de España) http://www.federacioneditores.org/editoriales/FG_Buscador.asp For PhD theses written in Spain, search the TESEO database at: http://www.mcu.es/TESEO/teseo.html, where they are indexed using the UNESCO codes. For PhD theses on an international level, there are already collections of texts in electronic format, such as those that can be visited at the Networked Digital Library of Theses and Dissertations (NDLTD) whose internet address is: http://www.theses.org

ARTICLE CONTENTS  (Vancouver Style)

Authorship
All of the writers who wish to be cited as authors of the paper must meet certain requirements for this. Each of the authors should have participated to an appropriate degree enabling them to accept public responsibility for the content of the paper. One or more authors must be responsible for or be in charge of the paper as a whole, from the very beginning of the project to the actual moment when the article is published. In order to obtain credit as an author, the only criterion will be the individual’s essential contribution in the following aspects: 1) their role in the actual conception and design of the research project involved, in the gathering of data for it, or the analysis and interpretation of such data; 2) actual writing of the article or critical review of a substantial part of its intellectual content; and 3) final approval of the version to be published. Requirements 1, 2 and 3 must be met simultaneously. Participation exclusively in fund raising or in gathering data or general supervision of the research group does not justify authorship. Other contributors to the project who are not the actual authors must be quoted in the acknowledgements section. The order in which the authors appear will depend entirely on whatever joint decision has been made by all the co-authors in this respect.

The summary and key words
The abstract or summary will be no longer than 150 words in the case of non-structured summaries and no longer than 250 words in the case of structured ones. They must include the research aims, selection process for the subjects to be studied or laboratory animals, observation and analytical methods; the more significant results are essential (by means of presenting concrete data and, whenever possible, their statistical values), and the main conclusions. Emphasis will be placed on any observations deemed to be either innovative or of greater importance. After the summary, the authors are to present and identify as such, from 3 to 10 key words that will be published together with the summary, and should allow for a documentary analysis of the article. This should be done using terminology in the thesaurus * Medical Subject Headings (MeSH) from the Index Medicus. If the terminology used is very recent, and therefore is not yet included in the MeSH, the new terms can be used with caution.

Introduction
The purpose of the article must be stated together with and a brief summarised justification of the study. Only bibliographical references which are strictly necessary
are to be included in this section of the article and neither significant data nor conclusions resulting from the study are to be included here.

**Methods**
Clearly describe procedures used for the selection of subjects that underwent observation or participants in the experiments (patients or laboratory animals, and controls) Age, sex and other important variables referring to these subjects should be stated. The relevance of reference to age, sex and race in research may appear as ambiguous: therefore, should such data be included in a study, the reason for its inclusion must be duly justified. The reason for carrying out the research in a particular way, and exactly how this was done, must be clearly stated. For example, an article must justify why only subjects of a specific age have been included, or why a gender has been excluded, etc. Terms such as "race" which lack a precise biological meaning should be avoided and alternative expressions such as “ethnic group” should be used instead.

In the methods section, the meaning of the terminology used must be carefully specified and the section must also contain a detailed description of how the data was gathered (for example, the expressions that are used in a survey, whether the questionnaire(s) were administered with or without supervision, etc)

Describe the methods, equipment (provide the manufacturer’s name and address in brackets) and enough details of the procedures used to allow other researchers to reproduce the results. References of credited and statistical methods are to be provided. References and brief descriptions must be included of any methods that are not widely known, despite having been previously published. Both new methods and those that have been substantially modified are to be described in detail, including the reasons that led to their adoption, and any limitations must be assessed. All pharmaceutical and chemical substances used must be very precisely identified, generic names included, as well as doses and details on how they were administered. In contingent clinical tests, information is to be provided on the main research elements, such as protocol (population studied, interventions or exposures, results and rationale of statistical analysis), intervention assignments (contingent distribution methods , of concealment on assigning treatment groups), and any masking techniques.

When dealing with review articles, a section must be included describing the methods used to locate, select, gather and summarise all relevant data. The aforementioned methods are also to be described in the summary of the article. Ethics and confidentiality must also be taken into account.

**Ethics**
If experimental research involves human beings, the author(s) must state whether the ethical norms established by the (institutional or regional) committee in charge of supervising tests carried out on human beings and the 1975 Helsinki declaration (later modified in 1983) were followed. Never use, above all for illustrations, the patient's name or initials or their clinical history number. If experimental research involves animals, the author(s) must state whether the norms established by an institution or national research board have been followed, or whether national laws regarding the care and use of laboratory animals have been observed.

**Statistics**
Describe statistical processing in enough detail to allow a reader who is familiar with or an expert on the topics and has access to the original data to verify the data that have been published. As far as possible, quantify your findings and present them with appropriate error or uncertainty measurement indicators (such as confidence intervals). Exclusive dependence on statistical test that does not provide important quantitative information for hypothesis verification, such as the use of P values, is to be avoided. Analyse inclusion criteria of experimental subjects. Provide details regarding the process followed in the contingent distribution. Describe any concealment methods used. State any complications the treatment may have. Specify the number of observations carried out. Indicate attrition - the number of observation subjects that have been lost (e.g. those who have dropped out of any clinical experiment). Whenever possible, references on the study design and statistical methods will be from current works (indicating page numbers) rather than the original articles in which they were described for the first time. Specify any commonly used computer programme that have been used.

Include a general description of the methods used in the methods section. If the results section contains a data summary, specify the statistical procedures that were used to analyse the data. The number of tables and pictures will be restricted to those that are strictly necessary in order to explain or illustrate the topic and assess any data on which it is based. Use graphs as an alternative to extensive tables. Avoid non-technical, and therefore erroneous, use of technical statistical terms such as "random" (referring to the use of a contingent distribution method), "normal", "significant", "co-relations" and "sample". Define any terms, abbreviations and statistical symbols.

Results
Present results in the text, with tables and graphs following a logical sequence. Do not repeat data from tables or illustrations in the text; state or summarise only the most important observations.

Discussion
Emphasise those aspects of the research carried out that are important or new and any conclusions that have been drawn from them. Data or other types of information that have already been included in the introduction and or results section should not be repeated here in great detail. The significance of the results, and limitations of the study, as well as their implications in future research projects, should be explained in this discussion section. Any observations carried out should be compared to those that have taken place in other relevant studies. Relate the conclusions to the research aims, and avoid assertions that may be unfounded and conclusions that are insufficiently backed up by data. In particular, the author(s) should refrain from making statements about costs or economic profits, unless the article includes economic data and analyses. Projects that have not yet concluded must not be cited. New hypotheses may be proposed when they are, in effect, justified: but in doing so, they must be clearly identified as such. Recommendations or advice may be included due to their significance.

Acknowledgements
Include a list of all those who have collaborated but do not fulfil authorship requirements, such as any technical assistance received, assistance in writing up the manuscript or general help rendered by the head of department. Any financial support or provision of material means should also be acknowledged.
Individuals who have collaborated in preparing the original copy, but whose contributions do not justify being credited as authors, may be listed as "clinical researchers" or "participating researchers". Their role or type of contribution should be specified, e.g. "scientific adviser", "critical review of the research project", "gathering data" or "participation in clinical tests".

As the readers may deduce that those who are mentioned in the acknowledgement section, in a manner of speaking, bestow credit on the research data and conclusions, written authorisation must be obtained from all individuals mentioned in this section.

**Bibliographic references**

Number the references consecutively according to the order in which they are first mentioned in the text. Tables and keys, as well as references, will be identified within the text by using Arabic numerals in brackets. References quoted only in tables or figures should be numbered following the sequence established according to the first time the specific table or figure is mentioned in the text.

The style of the examples that follows is to be used. These examples are based on the style used by NLM in the Index Medicus. Abbreviate journal titles in the manner and style used by the Index Medicus. Consult the List of Indexed Journals in Index Medicus, published by the NLM, annually as part of the January edition of the Index Medicus, and as a separate offprint. The list may also be seen at the NLM web site. For Spanish journals, the catalogue published by the Instituto Carlos III may be a useful reference.

The Biomedical Journal Title Search is another potentially useful source.

Avoid quoting summaries. References to original papers that have been accepted but not yet published will be clearly indicated by expressions like "in press" or "to be published shortly". The author(s) must have written authorisation and proof that the paper has been accepted for forthcoming publication. Any information that proceeds from manuscripts presented to a journal but which have not been accepted for future publication must be quoted as “unpublished observations”, once written authorisation has been obtained from the source.

Nor should a "personal presentation" be quoted, unless it contains essential information that can not be found in other sources available to the public. In these cases, the name of the person and date of the presentation must be shown in brackets in the text. In scientific articles, authors who quote from a personal presentation must obtain written authorisation for this.

The author(s) must check any references given by cross-referencing them with the original documents.

The Uniform Requirements style (Vancouver style) is largely based on the ANSI standard style adopted by the NLM for their data base. Notes have been provided for those cases in which the Vancouver style differs from the style used by the NLM:

**Examples:**

*Magazine or Journal articles*

- Standard article
  
  Author/s. Title of the article. International abbreviation* of the magazine or journal, year, volume (number)**: first page-end of the article .

* International abbreviations may be consulted in "List of Journals Indexed in Index Medicus". Spanish abbreviations appear in the Instituto Carlos III journal catalogue.

** The number is optional if the journal already has a volume number.
- The first six authors are usually mentioned, and the abbreviation “et al.” is then used if there are more than six.

- Corporative Author

- No author’s name shown

- An article written in a language other than English*
If the articles were written in Latin script, the original language must be maintained.

- A volume supplement

- A supplement for a specific issue

- Part of a volume

- Part of an issue

- Issue without a volume

- No issue no volume

- Page numbering in Roman numerals

- Indication of the type of article, accordingly

- A retraction article

- An article that has been withdrawn as a result of retraction

- An article on which a list of errata has been published

Books and other Monographic Works

- Individual authors
Note: It is not necessary to refer to the first edition. The edition must always be shown in Arabic numerals and abbreviations: 2nd ed. If the paper spans over more than one volume, this must be shown just after the book title. Vol 3. Jimenez C, Riaño D, Moreno E, Jabbour N. Avances en trasplante de órganos abdominales. Madrid: Cuadercon; 1997.

- Compiling Editor(s)

- When an organisation is both the author and editor

- Book chapter

- Proceedings from conventions, conferences, etc...

- Presentations at conferences, symposiums ...
Author/s of the Presentation. Title of the Presentation. In: Official Title given to the Conference or Symposium. Place of publication: Publisher; year; first and last page of the presentation.

Note: The date and city where and when the conference took place frequently form part of the Conference title.


- A technical or scientific report
Author/s. Title of the report. Place of publication: Publishing organisms/agency; year. Report number or identification series.

- Doctoral Thesis
Muñiz García J. Estudio transversal de los factores de riesgo cardiovascular en población infantil del medio rural gallego. [Tesis doctoral]. Santiago: Servicio de Publicaciones e Intercambio Científico, Universidade de Santiago; 1996.

- Patent

Other published works

- Newspaper article
Author of the article *. Title of the article. Newspaper name ** year month day; Section***: page (column)
* Author of the article (if this should appear in the article).
** Names of newspapers are not to be shown in their abbreviated form.
*** If there is a clearly identified section.

- Audiovisual material
Author/s. Title of the video [video]. Place of publication: Publisher; Year. Applicable to all audiovisual formats.

- Legal documents
Laws: Title of the law. (Name of the official documents where it appeared, date, year published).
Approved law
Ley 31/1995 de 8 de Noviembre, de Prevención de Riesgos Laborales. (Boletín Oficial del Estado, número 269, de 10-11-95).

- Map
Name of the map [type of map] . Place of publication: publisher, year.

- Bible

- Dictionaries and reference books

- Classic works
Title: Act, scene, paragraph. Book title. Place of publication: Publisher; year.

Material that has not yet been published

- In press
(Note: NLM prefers "to be published shortly" as not all papers will be published).

- An article for a journal in electronic format
Author. Title. Abbreviated magazine or journal name [type of software used] year [access date]; volume (number): pages or extension indicator. Available at:
Transmission of Hepatitis C. [on line] 1997 July 4 [access date 11th of January 2001]; 46 (26). URL available at:
http://www.cdc.gov/mmwr/preview/mmwrhtml/00048303.htm

- Monograph in electronic format

-Software file
Author. Title. [Type of software support]. Version. Place: Publisher; Year.

Tables
On a separate sheet. Do not present tables in photographic form. Number tables consecutively in order of appearance, from the first time they are mentioned in the text, giving each of them a brief title. Each column should have a brief heading. Detailed
explanations should be given in footnotes at the bottom of the page, not at the top or beside the table. Any unusual abbreviations are to be specified in these notes. The following symbols should be used as markers for footnotes in the following sequence:*, †, ‡, **, ††, ‡‡, etc. Identify all statistical measurements of variation, such as standard deviation or error, etc. Do not draw horizontal or vertical lines inside the tables. Ensure that each table is mentioned in the text. Should the table contain data from another source, regardless of whether they have been previously published or not, the appropriate authorisation must be obtained before reproducing them and this must be mentioned at the table. Bear in mind that if an excessive amount of tables have been included, in proportion to the length of the text, this may hinder typesetting.

Figures
Figures must be drawn or photographed professionally. Handwritten or typed labels will not be accepted. Send in photographic black and white positive prints on glossy paper, taking care to set the contrast correctly, rather than drawings, x-rays or other original graphic material. These positive prints should be approximately size 127´ 17 mm (5´ 7 inches), and never larger than 203´ 254 mm (8´ 10 inches). Letters, fonts, numbers and symbols must be clear and uniform for all of the illustrations. Moreover, they must be large enough to still be legible once they have been duly scaled down for publication. Titles and detailed explanations should be included in the captions and not in the figures themselves. A label should be attached to the back side of each figure showing the author(s) name(s), and which side should be taken as the top of the figure. Do not write directly on the back of the figures or attach them by means of clips, as this leaves marks, and the figure may even be spoilt. Use the International Unit System (SI) for measurements.

ML. Canals; some quotes taken from the internet